



Under 7/8 Rules

Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U7-U-8	4 max. (4 field players, NO GK)	8 max.	2 20-minute halves	3

Field Dimension Chart

Min / Max Field Size	Goal Size
20 yd x 30 yd. 30 yd x 40 yd.	4 ft. x 6 ft.

*****Goal Size: If age groups are combined, the older age group Goal Size is used*****

The Field of Play -

- Dimensions: The field of play shall be rectangular. Age specific recommendations for field sizes are included in the Field Dimension Chart. The length in all cases shall exceed the width.
- Build Out Lines: **The half line will be used as the build out line.** The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

The Number of Players -

- Age specific requirements for number of players on the field at any one time and the minimum and maximum players on the roster are included in the Game Format Summary Chart.
- Substitutions may be made, with the consent of the coach/referee, during any stoppage of play.
- The number of substitutes shall be unlimited.
- Permission for substitution is not required at breaks between halves.

The “Referee(s)” -

- In each game, coaches of both teams will be required to have at least ONE person (parent, assistant, older sibling, etc.) to help officiate the game. Each 7U & 8U coach will be provided whistles to give to their designated team official (for them to keep).
- The designated coach/referee’s decision on points of fact connected with the game shall be final.
- Volunteer linesmen may be used at the discretion of the coaches for the purpose of calling the ball in or out of play only.

The Duration of the Match -

- The game shall be divided into 2 20 minute halves.
- Halftime shall be five (5) minutes maximum.

Start of Play

- The ball will be placed at the center of the field by the referee and the game will start with one player taking a, after a given signal by the coach/referee. At the time of the kickoff, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be at a distance away from the center mark equal to the diameter of the center circle (i.e., 5 yards for U-8).
- The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.
- For any infraction of the kickoff procedure, the kickoff shall be retaken.
- A goal shall not be scored directly from a kickoff without the ball being touched by at least one other player on either team.

Restart of Play -

- After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.
- Restarting play after temporary delay: In the case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the

ball was declared dead. The ball shall be deemed “in play” when the ball has touched the ground.

The Method of Scoring –

- A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the cross bar.
- Standings are not kept for U7 & U-8, do not record or report goal totals.

Offside -

- The offside rule will not apply to any U-8 team; however, the intent of the rule will be followed. Positioning a player in front of the opponent’s goal irrespective of the location of the ball on the field is contrary to the aims of the program, commonly referred to as ‘cherry picking’. The coach/referee shall take appropriate action to prevent this kind of play (an indirect kick to the offended team and instructional statements to the violating players and coach.)

Misconduct -

- All fouls will result in an INDIRECT FREE KICK.
- All Free Kicks, the required distance for a defending player is 5 yards
- In addition to those offenses defined in the FIFA Laws of the Game, an **INDIRECT KICK** shall be awarded to the opposing team if a player, in the opinion of the coach/referee: Slide tackles (**Slide tackling is not allowed**)
- Consistent with the educational intent of the Small-Sided Program, the coach/referee should inform the offending player of the infraction that was committed.
- Deliberate heading is not allowed. If the coach/referee determines that a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.
- No yellow or red cards will be issued or presented to players. Coaches/referees may suggest a player be substituted and provide a cooling off period. The coach/referee or their parent will contact the SKYC staff for coach or parent problems.
- **NO PUNTING WILL BE ALLOWED.**

The Penalty Kick - Conform to FIFA with the following exceptions:

No Penalty Kicks will be granted.

The Throw-In -

- A second throw-in will be allowed if an incorrect throw occurs. Before the “offending” player takes the throw-in, the coach/referee will instruct the thrower on the proper technique and then proceed with the throw-in.
- The thrower may not play the ball until another player has touched it.
- A goal shall not be scored directly from the throw-in.

Player Responsibilities -

- All players must be attired in matching uniforms of jersey, shorts, socks, and approved shin guards and soccer shoes or gym shoes; to the satisfaction of the Coach/referee.
- All uniforms shall bear numbers (minimum size 6" x 4") and all players on the same team shall each have different numbers. Goalkeeper jerseys do not require a number.
- ALL PLAYERS MUST WEAR SHINGUARDS. **Socks must be worn up and over the shin guards.**
- There are no goalkeepers.
- Players may wear prescription glasses, provided they have no sharp edges or points.
- A player shall not wear anything for personal adornment or that may be dangerous to other players or to themselves (i.e., jewelry, watches, earrings and all body piercing, barrettes, buckles, pins, medals, etc.). **Only** Medical ID bracelets may be covered with tape; all other jewelry **must** be removed.
- For protection, players may wear knee pads or elbow pads, provided they are not being used for unfair advantage, and do not contain any wood, metal or plastic; at the discretion of the Coach/referee.
- All or any member(s) of a team may wear extra protective clothing against the cold, including gloves, without dangerous, protruding or hard objects, providing that:
 - a. The proper team Jersey is worn over
 - b. Any hat should be without peak, bill or dangling or protruding object of any kind; however, the goalkeeper may wear a soft-billed hat; and

- c. Coach/referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.
- No player wearing a cast or splint of any kind shall be permitted to play in any regularly scheduled game.

SKYC policy leaves the decision to the coach/referee at his/her discretion whether to allow injured players to play. No player may play with a cast or splint.

- No player shall be allowed to play in a regularly scheduled game with an injury or a known medical condition which can be aggravated by playing.